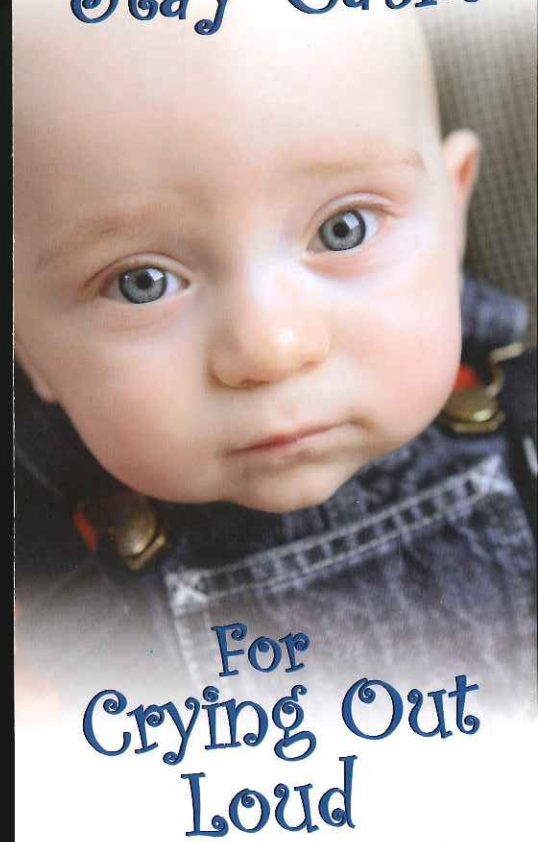


Remember . . .
Stay Calm



**For
Crying Out
Loud**

I will probably cry more each day until
I'm 2-3 months old.



I will cry more often in the afternoon
and evening.



When I cry, I might look like I am in
pain even though I may not be.



Sometimes I might cry for 3-5 hours
per day.



Sometimes I might not stop crying no
matter what you try.

What Crying Does To You

As you deal with the frustrations of your baby's crying, understand that infant crying is normal and will come to an end. Even the best and most patient caregivers can become frustrated with a crying infant. If the baby's crying becomes too frustrating for you, remember to stay calm. It's OK to set the baby down in a safe place and walk away.

What Can You Do To Calm Down

- ◆ Set your baby in a safe place.
- ◆ Talk to a family member or friend.
- ◆ Read a book.
- ◆ Take a shower or bath.
- ◆ Listen to relaxing music.
- ◆ Exercise.
- ◆ Have someone you trust care for your baby.

NEVER SHAKE OR HURT A BABY OR YOUNG CHILD

For more tips on coping with crying, please visit:
www.purplecrying.info

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